

# AUGUST

NAME: \_\_\_\_\_

SELECT 20 UNITS	REFRIED BEANS	SELECT 10 UNITS	RICE CEREAL
	VEGETARIAN BEANS	CEREAL	BRAN FLAKES
	KIDNEY BEANS		CORN FLAKES
	BLACK BEANS		OAT CEREAL
	CAN PINTO BEANS		SHREDDED WHEAT CEREAL
	DRY PINTO BEANS		CORN SQUARES CEREAL
	GREAT NORTH BEANS		FARINA
			ROLLED OATS
SELECT 3 UNITS	SLICED CHEESE	SELECT 10 UNITS	A.P.FLOUR
	BLOCK CHEESE		YELLOW CORNMEAL
			BLUE CORNMEAL
SELECT 5 DOZEN	CARTON EGGS		WHOLE WHEAT FLOUR
			BAKERY MIX
SELECT 3 UNITS	BUTTER	SELECT 25 UNITS	CRACKERS
	VEGETABLE OIL		EGG NOODLES
			SPAGHETTI
SELECT 20 UNITS	APRICOTS		ELBOW MACARONI
	MIXED FRUIT		WHOLE GRAIN ROTINI
	CANNED PEACHES		MAC N CHEESE (3 TO 1) 5 MAX
BLUEBERRIES ARE	CANNED PEARS		RICE
WORTH 3 UNITS	PRUNES	SELECT	CANNED BEEF
	RAISINS	15 UNITS	FROZEN HAMBURGER (2 TO 1)
	FROZEN BLUEBERRIES		FROZEN ROASTBEEF (5 MAX)
	APPLESAUCE CUPS		TUNA (2 TO 1)
		PORKCHOPS	FROZEN PORKCHOPS (5 MAX)
		ARE 2 TO 1	FROZEN BISON (5 MAX) (2 TO 1)
			CANNED CHICKEN (2TO1)
			FROZEN BRST.CHICKEN (5 MAX)
SELECT 10 JUICES	APPLE JUICE	SELECT 5 UNITS	UHT MILK (8 TO 1)
	CHERRY APPLE JUICE		EVAPORATED MILK (8 TO 1)
	GRAPE JUICE		POWDERED DRY MILK (2 TO 1)
	ORANGE JUICE		
	TOMATO JUICE		
	CRANBERRY APPLE JUICE		
SELECT 30 LBS.	ORANGES 3LB.	SELECT 5 UNITS	FRUIT AND NUT MIX
	GRAPEFRUIT 1LB.		ROASTED PEANUTS
	AVOCADOS 1LB.		PEANUT BUTTER
	APPLES 3LB.		
	LEMONS 1LB.	SELECT 15 UNITS	VEGETABLE SOUP
			TOMATO SOUP
			BEEF STEW
			CREAM OF MUSHROOM SOUP
			CREAM OF CHICKEN SOUP
SELECT 30 UNITS	GREEN BEANS	SELECT 5 UNITS	DRIED CHERRIES
	CREAM CORN		
	CANNED PEAS	SELECT 5 UNITS	FROZEN CATFISH
	SPINACH		
	TOMATOES DICED	SELECT 5 UNITS	FROZEN SALMON FILLETS
	SLICED POTATOES		
	TOMATO SAUCE	SELECT 5 UNITS	FROZEN PULLED PORK
	SPAGHETTI SAUCE		
	DEHYDRATED POTATOES	SELECT 5 UNITS	FROZEN PORK PATTIES
SELECT 35 LBS	BABY CARROTS 1LB.	SELECT 5 UNITS	FROZEN STRAWBERRIES
	GREEN PEPPERS 1LB.		
	CELERY 1LB.		
	CABBAGE 1LB.		
	RUSSET POTATOES 5LB.		
	TOMATOES 1LB.		
	BROCCOLI 1LB.		
	YELLOW ONIONS 1LB.		
	FRESH CORN 1LB.		
	RED ONIONS 1LB.		
	RED POTATOES 3LB.		

**1 BAG OF FROZEN BLUEBERRIES IS WORTH 3 UNITS**